

## March 2022 Fitness Classes

|                         | <u>Mon</u>                              | <u>Tues</u>                                   | <u>Wed</u>                              | <u>Thur</u>                                   | <u>Fri</u>                              |
|-------------------------|---|---|---|---|---|
| 8:00 - 8:55             | <b>AeroFIT (GB)</b>                     | <b>SilverSneakers®<br/>Yoga (DR)</b>          | <b>AeroFIT (GB)</b>                     | <b>SilverSneakers®<br/>Yoga (DR)</b>          | <b>AeroFIT (GB)</b>                     |
| 9:00 - 9:55             | <b>Fitness Fusion (WS)</b>              | *   | <b>Fitness Fusion (WS)</b>              | *   | <b>Fitness Fusion (WS)</b>              |
| 10:00 - 10:55           | <b>Body 360 (WS)</b>                    | <b>PEPPI (DR)</b>                             | <b>Body 360 (WS)</b>                    | <b>PEPPI (DR)</b>                             | <b>Body 360 (WS)</b>                    |
| 11:00 - 11:55           | <b>SilverSneakers®<br/>Classic (WS)</b> | <b>Tai Chi (GA)</b>                           | <b>SilverSneakers®<br/>Classic (WS)</b> | <b>Tai Chi (GA)</b>                           | <b>SilverSneakers®<br/>Classic (WS)</b> |
| 12:00 - 12:55           | <b>Hatha Yoga (WS)</b>                  | *   | <b>Hatha Yoga (WS)</b>                  | *   | *                                       |
| 1:00 - 1:55             | <b>SilverSneakers®<br/>Cardio (WS)</b>  | <b>Slow Flow Yoga (WS)</b>                    | <b>SilverSneakers®<br/>Cardio (WS)</b>  | <b>Slow Flow Yoga (WS)</b>                    | <b>SilverSneakers®<br/>Cardio (WS)</b>  |
| 5:30 - 6:15             | *                                       | <b>YogaCore (GB)</b>                          | *                                       | <b>YogaCore (GB)</b>                          | *                                       |
| See time<br>above class | 4:30 - 5:15<br><b>Zumba® Gold (WS)</b>  | 6:00 - 6:45<br><b>Zumba® Gold Toning (WS)</b> | 4:30 - 5:15<br><b>Zumba® Gold (WS)</b>  | 6:00 - 6:45<br><b>Zumba® Gold Toning (WS)</b> | *                                       |

**Class Location:** WS = Wellness Studio    DR = Dining Room  
GA = Game Room A    GB = Game Room B

**Registration is required for all classes.**

Additional classes will continue to be added.

Please let us know what classes you would like to see on the calendar.

### **FREE CLASSES**

**Want to try some fitness classes for free?  
The last five business days of each month is  
FREE WEEK! Try it out to see if you like it!**

**Cost Info:** Silver Sneakers classes are free to Silver Sneakers members. Zumba classes are free to Silver & Fit members. Renew Active Members can take Silver Sneakers and Zumba Classes for free. All other members must pay to join these classes. See reverse side for more information.

## Class Descriptions

|   |   |
|---|---|
| <b>AeroFIT</b> - MWF: 8:00-8:55 AM, \$35/month, Instructor: Paula Steinmeyer, Game Room B                     | Good for most fitness levels.<br><i>Aerobics for heart health, strength training for core, and stretching for flexibility/range of motion. Optional free weights in a standing only format.</i>   |
| <b>Body 360</b> - MWF: 10:00-10:55 AM, \$30/month, Instructor: Kathy Wade, Wellness Studio                    | Vigorous class; will get your heart rate up.<br><i>Utilizes free weights and resistance bands to strengthen every muscle group. Includes cardio work, interval and circuit training, and floor mat exercises.</i>                             |
| <b>Fitness Fusion</b> - MWF: 9:00-9:55 AM, \$30/month, Instructor: Maureen Neagle, Wellness Studio            | Encompasses all elements needed for a healthier lifestyle.<br><i>Cardio for heart and lungs, resistance for toned muscles, stretching for flexibility and balance, fused into a "you can do this" format to invigorate the mind and body.</i> |
| <b>Hatha Yoga</b> - MW: 12:00-12:55 PM, \$30/month, Instructor: Aimee Lynn, Wellness Studio                   | Appropriate for more experienced students.<br><i>We will practice details of poses and learn safe yoga practice techniques while still being challenged by new variations of poses.</i>   |
| <b>PEPPI</b> - T/TH: 10:00 -10:55 AM, \$20/month, Instructor: Bob Webb, Dining Room                           | Very popular class, great for beginners.<br><i>Introduces you to basic exercises designed to restore mobility, strength, and balance. If you are just starting out, this is the class for you.</i>  |
| <b>SilverSneakers® Cardio</b> - MWF: 1:00-1:55 PM, \$25/month, Instructor: Candy Waggoner, Wellness Studio    | <i>Heart healthy aerobics using low-impact movements. This class focuses on building upper body and core strength with added cardio endurance.</i>  |
| <b>SilverSneakers® Classic</b> - MWF: 11:00-11:55 AM, \$25/month, Instructor: Candy Waggoner, Wellness Studio | <i>Focuses on improving daily life activities. Using hand weights, elastic tubing, and a SilverSneakers ball. A chair can be used for seated exercising or standing support.</i>  |
| <b>SilverSneakers® Yoga</b> - T/TH: 8:00-8:55 AM, \$20/month, Instructor: Maureen Neagle, Dining Room         | <i>Participants complete seated and standing yoga postures. Suitable for all levels. Provides breathing exercises and relaxation without the strain on your joints.</i>   |
| <b>Slow Flow Yoga</b> - T/TH: 1:00-1:55 PM, \$30/month, Instructor: Aimee Lynn/Pam Porch, Wellness Studio     | Beginner friendly yoga.<br><i>This yoga class moves at a slower pace and is beginner friendly and relaxing. Improve your balance, flexibility, and mind-body connection with this entry level class.</i>                                      |
| <b>Tai Chi</b> - T/TH: 11:00-11:55 AM, \$30/month, Instructor: Jason Salgado, Game Room A                     | Meditation in motion; open to all levels.<br><i>Slow moving, meditative practice that coordinates breath with movement. Can improve balance, strength, blood circulation, manage stress, and promote health.</i>                              |
| <b>YogaCore</b> - T/TH: 5:30-6:15 PM, \$30/month, Instructor: TBA, Game Room B                                | Yoga and Pilates combined.<br><i>A more challenging mix of yoga postures and pilates type core exercises. Beginners welcome, but might not be appropriate if recovering from injury or surgery.</i>   |
| <b>Zumba® Gold Toning</b> - T/TH 6:00-6:45 PM, \$25/month, Instructor: Taeko Coslett, Wellness Studio         | Slower paced Zumba class.<br><i>Exciting Zumba style class but with a slower pace focusing on muscle conditioning. Features low to moderate intensity strength training using Zumba toning sticks.</i>  |
| <b>Zumba® Gold</b> - M/W 4:30-5:15PM, \$25/month, Instructor: Taeko Coslett, Wellness Studio                  | Zumba dance class.<br><i>Zumba Gold utilizes dance and movement to improve muscle strength, endurance, and the cardiovascular system. Fun, effective workout set to Latin music.</i>  |

| Personal Training   | Fitness Center Orientations   |
|---|---|
| If you're looking for personalized fitness instruction, check out our personal training option. Get a one-on-one workout scheduled with a certified trainer that will customize your workouts to meet specific goals.<br>Cost: \$120 for four 45-minute sessions. | <b>New to the Adult Wellness Center?</b><br>Learn about proper exercise etiquette and how to safely and effectively use the equipment in the fitness center. Free orientations are scheduled <b>daily at 2:00 PM</b> or by appointment. Meet at the fitness desk. |